

100 Thrift Recipes

*That Use Little Wheat
Meat, Fat and Sugar*



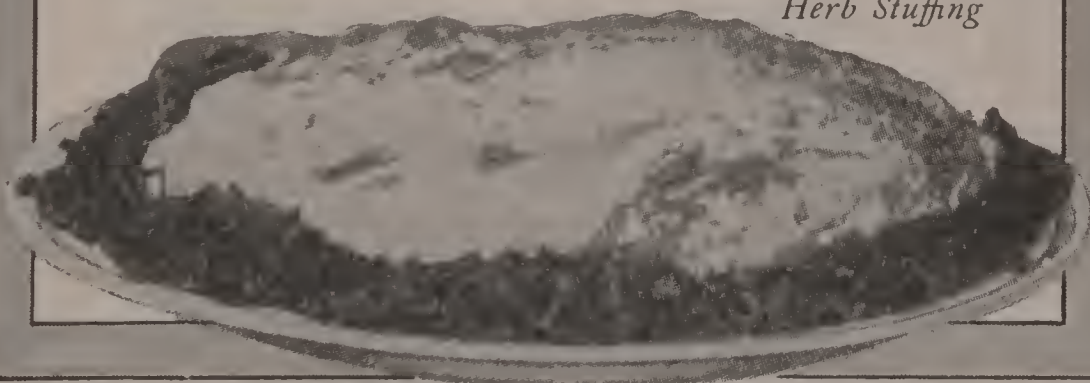
*Gingerbread Made
With Drippings*



*Frozen Raisin
Pudding With
Little Sugar*



*Rice and Corn
Muffins*



*Mock Fowl With
Herb Stuffing*

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The Household Bureau
THE LADIES' HOME JOURNAL
Independence Square
Philadelphia, Pennsylvania

APR 30 1918

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100 Thrift Recipes

"Less" Wheat and Wheatless Recipes

Corn-and-Rice Muffins

Pour two-thirds of a cupful of hot milk over one cupful of cooked rice and work with a fork to separate the grains; add half a cupful of corn meal to the hot mixture, two tablespoonfuls of bacon fat, half a teaspoonful of salt and one tablespoonful of brown sugar; set aside to cool. When the mixture is cold, add half a cupful of flour and three teaspoonfuls of baking powder; beat it thoroughly; bake in well-greased muffin pans in a hot oven for twenty minutes.

Corn-Meal Yeast Bread

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|---|--|
| 1 $\frac{1}{4}$ Cupfuls of Milk and Water, or Water | $\frac{2}{3}$ Cupful of Corn Meal |
| 2 Tablespoonfuls of Sugar (if Desired) | 2 $\frac{1}{3}$ Cupfuls of Flour |
| 1 Tablespoonful of Fat (if Desired) | $\frac{1}{2}$ Cake of Compressed Yeast |
| 2 Teaspoonfuls of Salt | $\frac{1}{4}$ Cupful of Warm Water |

Add sugar, fat and salt to the liquid and bring it to the boiling point. Add the corn meal slowly, stirring constantly until all is added. Remove from the fire and cool the mixture; add the compressed yeast softened in a quarter of a cupful of warm water. Add two cupfuls and a third of flour and knead. Let rise until about double in bulk; knead again, and put in pan. When light, bake in a moderate oven for at least an hour.

Southern Spoon Corn Bread

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| 2 Cupfuls of White Corn Meal | 1 $\frac{1}{2}$ Teaspoonfuls of Salt |
| 2 $\frac{1}{2}$ Cupfuls of Boiling Water | 2 Eggs |
| 1 $\frac{1}{2}$ Tablespoonfuls of Melted Butter Substitute | 1 $\frac{1}{2}$ Cupfuls of Buttermilk |
| 1 Teaspoonful of Soda | |

Add the boiling water to the corn meal and let it stand until cool. Add the butter substitute, salt, the egg yolks, slightly beaten, and the buttermilk, mixed with soda. Beat for two minutes, and add the whites of the eggs, beaten until stiff. Turn into a buttered pudding dish and bake in a hot oven for forty minutes.

Baking-Powder Corn Bread

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| 2 Cupfuls of Corn Meal | 1 Tablespoonful of Sugar |
| 2 Cupfuls of Sweet Milk (Whole or Skim) | 2 Tablespoonfuls of Fat |
| 4 Teaspoonfuls of Baking Powder | 1 Teaspoonful of Salt |
| 1 Egg (May be Omitted) | |

Mix the dry ingredients. Add the milk, the well-beaten egg and the melted fat. Beat well. Bake in a shallow pan for about thirty minutes.

Raisin Corn Bread

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|--------------------------------------|-----------------------------------|
| 1 Cupful of Sour Milk | $\frac{3}{4}$ Teaspoonful of Soda |
| 1 Well-Beaten Egg | 1 Teaspoonful of Cream of Tartar |
| 1 Tablespoonful of Butter Substitute | 1 Cupful of Flour |
| 1 Teaspoonful of Sugar | 1 Cupful of Corn Meal |
| 1 $\frac{1}{4}$ Teaspoonfuls of Salt | $\frac{1}{2}$ Cupful of Raisins |

Mix together the milk, egg, butter substitute, sugar and salt; add the soda, dissolved in one tablespoonful of hot water, and then the flour and the cream of tartar sifted together. Stir in the corn meal and raisins. Bake in a moderate oven for thirty minutes.

Nut Bread

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|---------------------------------------|--------------------------------------|
| $\frac{1}{2}$ Cupful of Corn Meal | 1 $\frac{1}{2}$ Cupfuls of Rye Flour |
| $\frac{1}{3}$ Teaspoonful of Salt | 4 Teaspoonfuls of Baking Powder |
| 1 Level Teaspoonful of Vegetable Fat | $\frac{3}{4}$ Cupful of Milk |
| $\frac{1}{3}$ Cupful of Boiling Water | $\frac{1}{2}$ Cupful of Chopped Nuts |

Put the corn meal into a bowl; add the salt, fat and boiling water; mix; let stand for twenty minutes. Now add the flour, mixed with the baking powder and the milk, and lastly the chopped nuts. Mix lightly, pour into a well-greased bread pan; let stand in a warm place for twenty minutes. Bake in a moderately hot oven. Do not cut until cold.

Oatmeal Hurry-Ups

1 Cupful of Rolled Oats	$\frac{1}{4}$ Teaspoonful of Salt
$\frac{1}{2}$ Cupful of Flour	1 Tablespoonful of Fat
2 Teaspoonfuls of Baking Powder	$\frac{1}{2}$ Cupful of Milk (About)
$\frac{1}{2}$ Cupful of Chopped Dates	

Mix the oats, flour, baking powder and salt. Cut in the fat. Add the milk, and mix, forming a soft dough. Lastly add the chopped dates. * Drop into greased muffin tins or onto a greased baking sheet and bake in a quick oven.

Corn-Meal Bread

3 Cupfuls of Milk	1 Teaspoonful of Salt
$1\frac{1}{2}$ Cupfuls of Corn Meal	

Mix the ingredients and spread in shallow greased pans to about a quarter of an inch in depth. Bake in a moderate oven until crisp.

Whole-Wheat Prune Bread

Wash one cupful of prunes; soak for several hours; drain, stone and chop. Mix and sift two cupfuls and a half of whole-wheat flour, a quarter of a cupful of molasses, one tablespoonful of melted shortening, one teaspoonful of salt and four teaspoonfuls of baking powder; add one cupful and a half of milk; beat well. Add the prunes. Put into greased bread pans, allow to stand for twenty or twenty-five minutes in a warm place, and bake in a moderate oven for one hour.

Steamed Corn-Meal-Apple Pudding

Stir three teaspoonfuls of baking powder thoroughly into one cupful of sugar, and add this mixture to one quart of freshly made mush, following with one scant pint of pared and sliced apples, two tablespoonfuls of melted butter substitute and two well-beaten eggs. Turn into a greased mold and steam for two hours. Serve hot with a spoonful of ice cream on each portion, or with lemon sauce made by boiling together one cupful of sugar and one cupful of water. When cool, add the grated rind of one lemon, one tablespoonful of the juice and a little cinnamon.

Corn-Muffin Dessert With Spiced Apples

Cut four medium-size apples into eighths, and core but do not pare them. Divide each eighth crosswise into four pieces. Place one teaspoonful of whole cloves and half a stick of cinnamon in three-quarters of a cupful of vinegar and boil for five minutes. Then add one cupful and a half of sugar and half of the apples and continue boiling. When the apples are tender remove with a skimmer and cook the other half. Remove when done and boil down the liquid to a heavy sirup. Pour this over the apples and cool. Make eight large-size corn muffins by any standard recipes, slightly increasing the amount of sugar. When they come from the oven cut a circular "lid" from the top of each and scoop out the interior with a teaspoon (the rejected portion can be dried for crumbs, or utilized in bread pudding). Fill with the spiced apples and sirup and place the lids on top. Serve immediately.

Corn Sticks

1 Cupful of Corn Meal	$\frac{1}{2}$ Cupful of Hot Boiled Hominy
$\frac{3}{4}$ Cupful of Flour	2 Tablespoonfuls of Fat
3 Teaspoonfuls of Baking Powder	1 Cupful of Milk
$\frac{1}{2}$ Teaspoonful of Salt	1 Egg

Beat together all the ingredients and bake in greased bread-stick pans for twenty minutes. This thin, crisp corn bread will be liked with soup, salads or as a dinner bread.

Salad Wafers

$\frac{1}{2}$ Cupful of Corn Meal	$\frac{1}{2}$ Teaspoonful of Salt
$\frac{1}{2}$ Cupful of Wheat Flour	1 Tablespoonful of Fat

Sift together the dry ingredients. Cut the fat into the flour, and add sufficient liquid to make a dough that can be rolled thin. Cut into diamond shapes. Bake in a quick oven until light brown. If desired, after rolling out the dough, sprinkle with grated cheese and paprika. Make into cheese straws.

Corn Crispets

Pour one cupful of boiling water over seven-eighths of a cupful of corn meal, two tablespoonfuls of fat and a half teaspoonful of salt. Mix and spread on an oiled pan an eighth of an inch thick; bake and cut into three-inch squares. Serve at once.

Virginia Waffles

Cook one cupful and a half of white corn meal in one cupful and a half of boiling water for twenty minutes; add one cupful and a half of milk, two cupfuls of flour, three tablespoonfuls of sugar, one tablespoonful and a quarter of baking powder and half a teaspoonful of salt sifted together. Add the well-beaten yolks of two eggs, two tablespoonfuls of melted butter substitute and two egg whites beaten until stiff. Cook the same as waffles.

Corn-Meal Griddlecakes

Scald two cupfuls of sweet milk and pour them over one cupful and a third of corn meal. Let stand until cold. Add two-thirds of a cupful of flour, half a teaspoonful of salt, one tablespoonful of sugar and three teaspoonfuls of baking powder. Add one well-beaten egg yolk; then fold in one stiffly beaten egg white.

Boston Brown Bread

1 Cupful of Corn Meal	1 Teaspoonful of Soda
1 Cupful of Graham Flour	$\frac{1}{3}$ Cupful of Molasses
1 Cupful of Rye Flour	$1\frac{2}{3}$ Cupfuls of Thick Sour Milk
$\frac{1}{2}$ Teaspoonful of Salt	

Sift the corn meal and flour before measuring. Mix the corn meal, Graham flour, rye flour, soda and salt. Add the milk and molasses to the dry ingredients. Beat this mixture thoroughly and pour it into thoroughly greased cans. Fill the cans two-thirds full. Cover tightly and steam the mixture four hours.

Cereal Pancakes

Put two cupfuls of cold cooked cereal into a mixing bowl; mash fine with a fork to free from lumps; add two tablespoonfuls of sugar, a quarter of a teaspoonful of salt, one well-beaten egg and a cupful of milk. Sieve two cupfuls of flour with two teaspoonfuls of baking powder. Stir into the mixture and beat thoroughly to a smooth batter. Fry in large pancakes on a hot well-greased griddle and spread with jelly. Pile one on top of another and, in serving, cut as you would a pie.

Potato Bread

$1\frac{1}{4}$ Cupfuls of Mashed Potato (Packed Solid)	$\frac{1}{8}$ to $\frac{1}{4}$ Yeast Cake Softened in 2 Tablespoonfuls Lukewarm Water
$1\frac{1}{2}$ Teaspoonfuls of Salt	
$2\frac{1}{4}$ Cupfuls of Flour (More or Less Flour May be Needed)	

Mashed sweet potato or cooked cereal or squash may be used in the same way as the Irish potato. In using any substitute which has a marked flavor it is better to try the bread first with less than a cupful and a quarter and add more liquid. Squash rolls are very good.

Potato Rolls

2 Cupfuls of Potato	1 Egg
1 Tablespoonful of Lard	1 Cupful of Milk
1 Tablespoonful of Sugar	Yeast
Flour	

To the hot potatoes add the lard, sugar and salt. When the mixture is cool, add the egg, and the milk, in which the yeast cake has been dissolved. Beat the mixture well; then mix in enough flour to make a soft dough. Put the dough to rise in a greased bowl. When light, turn it out on a floured board and roll into a sheet half an inch thick. Cut it into shapes with a biscuit cutter, brush them with melted butter and fold them over like Parker House rolls. Place the rolls on a greased pan; let them rise, and bake them in a quick oven.

Potato Muffins

4 Tablespoonfuls of Butter Substitute	1 Cupful of Flour
3 Tablespoonfuls of Sugar	4 Teaspoonfuls of Baking Powder
1 Egg	Salt
1 Cupful of Potato	1 Cupful of Milk

Cream the butter substitute and the sugar; add the egg, which has been well beaten, then the potatoes, and mix these ingredients thoroughly. Sift the flour, baking powder and salt together and add them and the milk to the mixture alternately. Bake the muffins in greased gem pans for from twenty-five to thirty minutes.

Potato Dumplings That Save Bread

1 Cupful of Potatoes	$\frac{1}{2}$ Teaspoonful of Salt
1 Cupful of Flour	2 Teaspoonfuls of Butter Substitute
$\frac{3}{4}$ Cupful of Milk (About)	

Mix and roll out the dough according to directions given for biscuits in the preceding recipe. Place the dumplings close together in a greased steamer; place the steamer over boiling water: cover it closely, and steam the dumplings for twelve minutes.

“Fifty-Fifty” Biscuits

2 Cupfuls of Ground Soy Beans or Finely Ground Peanuts	2 Teaspoonfuls of Salt
2 Cupfuls of White Flour	1 Tablespoonful of Shortening (if Desired)
4 Teaspoonfuls of Baking Powder	Liquid Sufficient to Mix to a Proper Consistency (1 to 1½ Cupfuls)

Add the sugar, fat and salt to the liquid, and bring it to the boiling point. Add the corn meal slowly, stirring constantly until all is added. Remove from the fire, cool the mixture, and add the compressed yeast, softened in a quarter of a cupful of warm water. Add two cupfuls and a third of flour, and knead. Let rise until about double its bulk, knead again, and put in the pan. When light, bake in a moderate oven for at least an hour.

Rye-and-Corn-Flour Biscuit

1 Cupful of Rye Flour	1 Teaspoonful of Salt
1 Cupful of Corn Flour	2 Tablespoonfuls of Shortening
¾ Cupful of Milk	

Mix the dry ingredients and sift into a basin. Chop them in with a knife. Add the milk gradually until the mixture is soft and spongy. Turn onto a slightly floured board and roll lightly until a uniform thickness, about half an inch. Cut with a floured biscuit cutter, place on a greased tin and bake for from twelve to fifteen minutes in a quick oven.

Buckwheat Bread

1¼ Cupfuls of Milk	¼ Cupful of Molasses
1 Teaspoonful of Salt	2 Cupfuls of Buckwheat Flour
¼ Yeast Cake, Dry or Compressed in 2 Table- spoonfuls of Water	1¼ Cupfuls of White Flour

Scald the milk; add the salt; cool; add the yeast and molasses. Beat in the flour slowly and let the dough rise till double in bulk. Beat down, put into a greased pan, and let rise again until almost double in bulk. Bake for one hour in a moderate oven.

Barley Scones

1 Cupful of Whole-Wheat Flour	2 Teaspoonfuls of Baking Powder
1 Cupful of Barley Meal	2 Tablespoonfuls of Fat
¼ Teaspoonful of Salt	¾ Cupful of Sour Milk
⅓ Teaspoonful of Soda	

Sift the flour, barley meal, salt, baking powder and soda together, and work in the fat with the tips of the fingers or with two knives. Combine the flour mixture and sour milk to form a soft dough. Turn out on a well-floured board, knead slightly and roll to half an inch thickness; cut into diamond shapes and bake in a hot oven.

Oatmeal Bread

1 Cupful of Milk or Water	2½ Cupfuls of Wheat Flour
1 Teaspoonful of Salt	⅓ Yeast Cake
1 Cupful of Rolled Oats	

Scald the liquid; add the salt, and pour over the oats; cool for half an hour; add the yeast, mixed with a quarter of a cupful of lukewarm water, and the flour. Knead and let rise until double the size. Knead again and let rise in the pan until the size is doubled. Bake in a moderate oven for fifty minutes. This makes one loaf weighing one pound and a quarter.

Oatmeal Muffins

1 Cupful of Rolled Oats	2 Tablespoonfuls of Bacon Fat
1¼ Cupfuls of Hot Milk	1½ Teaspoonfuls of Salt
3 Tablespoonfuls of Sugar	½ Cupful of Pastry Flour (Sifted)
4 Teaspoonfuls of Baking Powder	½ Cupful of Whole-Wheat Flour

Add the oats and butter to the milk, and boil for one minute. Add the salt and sugar. Sift the baking powder with white flour; mix with the whole-wheat flour. Stir the mixtures together. It should drop heavily from a spoon. Bake in a moderate oven for twenty-five minutes.

Oatmeal Cookies (20 Cookies)

1 Egg	2 Teaspoonfuls of Baking Powder
¼ Cupful of Sugar	1 Teaspoonful of Salt
½ Cupful of Milk	1 Cupful of Raisins
¼ Cupful of Water	5 Tablespoonfuls of Melted Fat
2 Cupfuls of Flour	½ Cupful of Fine Oatmeal

Sift together the flour, baking powder and salt. Add the oatmeal. Beat the egg; add the sugar, water and milk, the dry ingredients mixed together, the raisins and the melted fat. Drop from a spoon on a greased baking sheet and bake in a moderate oven.

Scotch Oat Crackers

2 Cupfuls of Rolled Oats
 $\frac{1}{4}$ Cupful of Milk
 $\frac{1}{4}$ Cupful of Molasses

$1\frac{1}{2}$ Tablespoonfuls of Fat
 $\frac{1}{4}$ Teaspoonful of Soda
1 Teaspoonful of Salt

Grind in a food chopper or crush the oats and mix with the other materials. Roll out in a thin sheet and cut into squares. Bake for twenty minutes in a moderate oven. This makes three dozen crackers.

Oatmeal Wafers

2 Tablespoonfuls of Fat
1 Cupful of Brown Sugar
1 Egg

1 Cupful of Oatmeal
5 Tablespoonfuls of Flour
2 Tablespoonfuls of Water

Cream the fat, and add the other ingredients in the order mentioned. Drop by teaspoonfuls on a greased pan at least two inches apart. Bake until brown on the edges. Remove from the oven, let stand for one minute to harden, and remove from the pan with a spatula. If the last ones in the pan are too hard to remove easily return them to the oven for a moment to soften them.

Oatmeal War Bread

2 Cupfuls of Oatmeal
2 Teaspoonfuls of Salt
1 Tablespoonful of Sugar
1 Teaspoonful of Fat

1 Quart of Boiling Water
 $\frac{1}{2}$ of an Yeast Cake
 $\frac{1}{4}$ Cupful of Lukewarm Water
8 Cupfuls of Flour or More

First measure the oatmeal, salt, sugar and fat, and pour the boiling water over them. Let stand until lukewarm; dissolve the yeast in lukewarm water, and add it to the other mixture. Stir in the flour, and knead until smooth and elastic; let rise until double its bulk, form into loaves and let rise again. Bake in a hot oven for about one hour.

Hominy Bread

1 Cupful of Cold Boiled Hominy
 $1\frac{1}{2}$ Cupfuls of Milk
1 Cupful of Corn Meal

$\frac{1}{2}$ Teaspoonful of Salt
1 Teaspoonful of Baking Powder
1 Egg

1 Tablespoonful of Fat

Put the hominy into a bowl and beat it thoroughly with a fork. Pour the milk gradually over the hominy and continue beating. Mix the corn meal, salt and baking powder and add them to the hominy. Melt the butter over hot water. When the butter is melted directly over the flame the natural taste is removed. While the butter is melting, beat the egg. Add the butter and egg. Bake the mixture in a deep, greased baking dish or in a regular greased bread tin for thirty minutes. The mixture can be baked in fifteen minutes if greased muffin tins are used.

Rice Yeast Bread

$\frac{1}{2}$ Cupful of Milk and Water, or Water (4 Ounces)
4 Tablespoonfuls of Sugar (2 Ounces)
4 Tablespoonfuls of Fat (2 Ounces)
 $1\frac{1}{2}$ Teaspoonfuls of Salt ($\frac{3}{8}$ Ounce)

7 Cupfuls of Boiled Rice
8 Cupfuls of Flour (32 Ounces)
 $\frac{1}{2}$ Cake of Compressed Yeast ($\frac{1}{4}$ Ounce)
 $\frac{1}{4}$ Cupful of Warm Water (2 Ounces)

Scald the liquid if milk is used. Pour over the fat, sugar and salt. Cool, and add the yeast, moistened in a quarter of a cupful of warm water. Add the rice and flour, and knead. After the second rising bake for forty-five minutes.

Carolina Rice Waffles

Boil two-thirds of a cupful of coarse rice flour (or rice) to a pap; to it add two cupfuls of fine rice flour, one cupful of milk or one cupful of water and a little salt. Heat the waffle irons and grease them with a little lard; then pour in the batter and bake the waffles to a light brown.

RECIPES WITHOUT SUGAR

Frozen Raisin Pudding

Put into a stewpan three cupfuls of milk, the finely chopped peel of one lemon, half a cupful of honey and a crushed piece of cinnamon about one inch long. Place the pan on the fire and bring the mixture to a boil; then let it simmer for about five minutes. Put into a bowl four raw yolks of eggs and stir them well together; then mix the flavored milk with

them gradually and return the mixture to the stewpan; stir on the fire until it is thick like cream; then take up and rub it all through a fine sieve. Put this custard aside until cold, then pour it into the freezer and freeze to the thickness of a batter. Mix with a cupful of stiffly whipped cream and half a cupful of seeded raisins; flavor with a teasoonful of vanilla essence. Refreeze the mixture until dry.

Fruit Pudding

2 Cupfuls of Graham Flour	1 Cupful of Milk
1 Teaspoonful of Soda	1 Cupful of Molasses
$\frac{1}{4}$ Teaspoonful of Salt	$\frac{1}{2}$ Cupful of Chopped Nuts
$\frac{1}{2}$ Cupful of Chopped Dates	

Mix the flour, soda and salt. Add the milk, molasses, nuts and fruit. Pour the mixture into greased custard cups and steam it for one hour.

Brown Betty

3 Cupfuls of Chopped Apples	$\frac{1}{4}$ Teaspoonful of Cinnamon
2 Cupfuls of Bread Crumbs	$\frac{1}{4}$ Teaspoonful of Nutmeg
2 Tablespoonfuls of Melted Butterine	1 Lemon (Juice and Rind)
$\frac{1}{2}$ Cupful of Molasses	$\frac{1}{4}$ Cupful of Water

Arrange half the apples in a baking dish. Cover them with half the bread crumbs and the fat (mixed together). Add half the molasses and spices (mixed together) and half the lemon. Arrange a second layer, using the remaining materials. Add the water. If the apples are juicy omit part or all of the water. Bake in a moderate oven until the apples are tender.

Scalloped Corn Meal and Apples

$\frac{1}{2}$ Cupful of Corn Meal	2 Large Apples
$1\frac{3}{4}$ Cupfuls of Boiling Water	2 Tablespoonfuls of Molasses
1 Teaspoonful of Salt	1 Tablespoonful of Fat

Cook the corn meal in the boiling salted water. Pare the apples and cut them into thin slices. Arrange in a baking dish a layer of the sliced apples. Sprinkle salt and pour a small amount of molasses over them. Arrange a layer of mush over the apples. Repeat the layers, using these same materials. Melt the fat in a quarter of a cupful of boiling water and pour it over the layers. Bake the mixture in a slow oven until the apples are soft. Serve this dessert with a sirup.

Molasses Pudding With Foamy Sauce

$\frac{1}{2}$ Cupful of Flour	$\frac{1}{4}$ Cupful of Milk
$\frac{1}{4}$ Cupful of Molasses	$\frac{1}{4}$ Cupful of Oleomargarine
$\frac{1}{4}$ Cupful of Corn Sirup	$\frac{1}{2}$ Teaspoonful of Soda
2 Eggs	

Mix the flour, molasses and corn sirup together. Heat the milk, melt the oleomargarine in it, and add the soda. Add these ingredients to the flour mixture. Add the eggs, well beaten, and bake the mixture in a deep, greased tin in a moderate oven.

Fig Tapioca

$\frac{1}{2}$ Cupful of Granulated Tapioca	$\frac{1}{2}$ Teaspoonful of Salt
$\frac{1}{2}$ Cupful of Cold Water	$\frac{1}{2}$ Cupful of Corn Sirup
2 Cupfuls of Boiling Water	$\frac{3}{4}$ Cupful of Chopped Figs
$\frac{1}{4}$ Cupful of Chopped Nuts	

Mix the tapioca and salt with the cold water; add to the boiling water, and cook directly over the fire until the tapioca is clear and transparent. Add the corn sirup and the figs, and cook over hot water for twenty minutes. Add the nuts; chill and serve.

Maple Nut Blancmange

2 Cupfuls of Milk	$\frac{1}{4}$ Cupful of Maple Sirup
$\frac{1}{2}$ Teaspoonful of Salt	$\frac{1}{2}$ Teaspoonful of Vanilla
3 Tablespoonfuls of Cornstarch	$\frac{1}{4}$ Cupful of Chopped Nuts

Scald the milk in a double boiler. Mix the cornstarch and salt with the maple sirup and, when smooth, stir into the hot milk. Continue stirring until it thickens, and cook over hot water, without stirring, for at least twenty minutes. Longer cooking develops a better flavor. Stir in the nuts and turn into wet molds to chill. It may be served with milk or cream or with a hot maple-sirup sauce, made by heating half a cupful of the maple sirup.

Conservation Pudding

1 Cupful of Cooked Prunes	1 Cupful of Dates
$\frac{1}{2}$ Cupful of Figs	$\frac{1}{2}$ Cupful of Nuts
1 Cupful of Raisins	2 Tablespoonfuls of Lemon Juice
$\frac{1}{4}$ Teaspoonful of Salt	

Put the prunes, figs, raisins, dates and nuts through a food chopper. Add the lemon juice and salt. Moisten with the juice in which prunes were cooked, until the mixture is about the consistency of a fruit whip. Chill in molds. Serve with the juice in which the prunes were cooked or with cream.

Colonial Pudding

2 Tablespoonfuls of Pearl Tapioca	$\frac{1}{2}$ Cupful of Molasses
2 Cupfuls of Milk	$\frac{1}{4}$ Tablespoonful of Salt
2 Tablespoonfuls of Corn Meal	$\frac{1}{2}$ Cupful of Raisins
$\frac{1}{2}$ Cupful of Milk	

Soak the tapioca overnight in cold water. Mix the two cupfuls of milk with the corn meal, molasses and salt, and cook in a double boiler until the mixture thickens. Drain the tapioca, and stir it into the other mixture. Add the raisins, and pour into a greased baking dish; add the half cupful of milk, and bake for one hour in a slow oven.

Prune Honey Pudding

Wash one cupful and a half of prunes; then let them stand just covered with warm water for twenty minutes. Drain, remove the pits and chop the pulp. To this add half a pint of sweet milk, one cupful of bread crumbs, the grated rind of half a lemon, three table-spoonfuls of honey and three table-spoonfuls of melted shortening. Then sift one cupful of flour, two teaspoonfuls of baking powder and one teaspoonful of salt together and add last. Place the mixture in a greased covered mold (a pound coffee can is excellent) and set, weighted, in a kettle of boiling water that will come two-thirds to the top of the mold. Cook in this way or in a steamer for two hours and a half. Serve with a sauce made of one beaten egg, one cupful of honey and two teaspoonfuls of lemon juice, boiled together. Add hot water if a thinner sauce is desired.

Baked Honey Custard

5 Eggs	4 Cupfuls of Scalded Milk
$\frac{1}{2}$ Cupful of Honey	$\frac{1}{8}$ Teaspoonful of Powdered Cinnamon
$\frac{1}{4}$ Teaspoonful of Salt	

Beat the eggs sufficiently to unite the yolks and whites, but not enough to make them foamy. Add the other ingredients, and bake in cups or in a large pan in a moderate oven. The baking dishes should be set in water.

Date Custard

2 Cupfuls of Milk	3 Eggs
$\frac{3}{4}$ Cupful of Dates (Stoned, and Cut Into Small Pieces)	$\frac{1}{4}$ Teaspoonful of Salt

Scald the dates with the milk. Beat the eggs slightly, and add to them the milk, dates and salt. Pour the mixture into greased custard cups or molds. Set the cups or molds in a pan of hot water and bake the custard slowly until it is firm. Cool it, remove it from the molds and serve with or without cream or milk.

Poached Apples

3 Apples	$\frac{1}{4}$ Cupful of Water
$\frac{1}{4}$ Cupful of Corn Sirup	A Few Grains of Salt

Pare and slice the apples. Boil the corn sirup, water and salt together for ten minutes. Add the apples to the sirup, and cook them until they are soft when pierced with a fork. Remove the pieces of apple carefully, place them in individual dishes and pour the sirup over them.

Pumpkin Pie

2 Cupfuls of Pumpkin (Stewed and Strained)	1 Teaspoonful of Ginger
$\frac{1}{2}$ Cupful of Light Molasses	$\frac{1}{2}$ Teaspoonful of Salt
1 Teaspoonful of Cinnamon	2 Eggs
2 Cupfuls of Rich Milk	

Mix the pumpkin, molasses, cinnamon, ginger and salt. Beat the eggs slightly, and add them and the milk to the mixture. Bake the mixture in one crust until it is firm.

Soft Honey Cake

$\frac{1}{2}$ Cupful of Butter Substitute	1 Teaspoonful of Soda
1 Cupful of Honey	$\frac{1}{2}$ Teaspoonful of Cinnamon
1 Egg	$\frac{1}{2}$ Teaspoonful of Ginger
$\frac{1}{2}$ Cupful of Sour Milk	4 Cupfuls of Flour

Rub the butter substitute and honey together; add the egg, well beaten, then the sour milk, and the flour sifted with the soda and spices. Bake in a shallow pan.

Honey-and-Nut Bran Muffins

The Department of Agriculture heartily recommends the use of honey instead of sugar. These recipes using honey are reprinted from Farmers' Bulletin No. 653.

$\frac{1}{2}$ Cupful of Honey
1 Cupful of Flour
 $\frac{1}{4}$ to $\frac{1}{2}$ Teaspoonful of Soda
2 Cupfuls of Bran

1 Tablespoonful of Melted Butter Substitute
 $1\frac{1}{2}$ Cupfuls of Milk
 $\frac{3}{4}$ Cupful of Finely Chopped English
Walnuts

Sift together the flour, soda and salt, and mix them with the bran. Add the other ingredients, and bake for from twenty-five to thirty minutes in a hot oven in gem tins. This will make about sixteen large muffins, each of which may be considered roughly to be a 100-calorie portion and to contain two grams of protein.

War Cake

1 Cupful of Molasses
1 Cupful of Corn Sirup
 $1\frac{1}{2}$ Cupfuls of Water
1 Package of Raisins
2 Tablespoonfuls of Fat
1 Teaspoonful of Salt

1 Teaspoonful of Cinnamon
 $\frac{1}{2}$ Teaspoonful of Cloves
 $\frac{1}{2}$ Teaspoonful of Nutmeg
3 Cupfuls of Flour
 $\frac{1}{2}$ Teaspoonful of Soda
2 Teaspoonfuls of Baking Powder

Boil together for five minutes the first nine ingredients. Cool; add the sifted dry ingredients, and bake in two loaves for forty-five minutes in a moderate oven. This cake should be kept several days before using. It makes twenty to twenty-four servings. If desired one cupful of oatmeal may be used in place of seven-eighths of a cupful of the flour.

Soft Molasses Cookies

1 Cupful of Molasses
1 Tablespoonful of Ginger
1 Teaspoonful of Soda

2 Tablespoonfuls of Warm Water or Milk
 $\frac{1}{2}$ Cupful of Fat
Flour to Form a Soft Dough

Mix the ingredients in the order in which they are named. Add just enough flour to form a soft dough. Turn the dough on a floured board, roll it out to a quarter of an inch in thickness, cut it and place it on a greased tin. Bake the cookies in a moderate oven for fifteen minutes.

Gingerbread

1 Cupful of Boiling Water
 $\frac{1}{2}$ Cupful of Molasses
1 Cupful of Fat

3 Cupfuls of Flour

1 Teaspoonful of Soda
1 Teaspoonful of Ginger
 $\frac{1}{2}$ Teaspoonful of Salt

Pour the boiling water over the molasses and fat and bring the mixture to the boiling point. Remove it from the fire and allow it to cool. Mix the soda, ginger, salt and flour, and sift them, and add these ingredients to the first mixture. Bake the batter in a shallow, greased pan in a moderate oven for thirty minutes.

Pecan Cakes

2 Eggs
 $\frac{1}{2}$ Cupful of Molasses
 $\frac{1}{2}$ Cupful of Corn Sirup

1 Cupful of Pecan's Chopped

$\frac{3}{4}$ Cupful of Flour
 $\frac{1}{4}$ Teaspoonful of Baking Powder
 $\frac{1}{2}$ Teaspoonful of Salt

Beat the eggs slightly, and add the molasses and corn sirup to them. Mix and sift the flour, baking powder and salt, and stir these ingredients into the first mixture. Add the chopped nuts, and fill shallow, individual, greased tins half full of the mixture.

Baked Honey Custard With Raisin Cake

Beat three eggs slightly, taking care not to make them foamy. Add slowly a quarter of a cupful of honey, two cupfuls of milk (scalded), an eighth of a teaspoonful of powdered cinnamon and a quarter of a teaspoonful of salt. Bake in cups set in a pan of water.

Raisin Cakes

Cream half a cupful of butter substitute and half a cupful of warm honey together; beat in the yolks of two eggs, the grated rind of one lemon and the juice of two lemons. Beat this mixture thoroughly. Sieve three cupfuls of flour and three teaspoonfuls of baking powder; whisk the whites of the eggs stiffly; stir these into the lemon mixture. Add a little more

flour, if the dough is not stiff enough, and as many chopped seedless raisins as it will take. Turn onto a floured board; roll out thinly, cut with a fancy pastry cutter, sprinkle with chopped nuts, place on a floured baking tin and bake in a quick oven.

Fruit Paste

$\frac{1}{2}$ Pound of Figs
 $\frac{1}{2}$ Pound of Dates

$\frac{1}{2}$ Pound of Chopped Nuts
Brown Sugar

Remove the stems from the figs and the stones from the dates. Put the fruit and nut meats through a meat grinder and combine them. Work the mixture with the hands until it is well blended, using the brown sugar to keep it from sticking. Roll the mixture to a quarter of an inch thickness; cut it into small squares, and roll each piece in the brown sugar.

Taffy Squares

2 Cupfuls of Light Brown Sugar
 $\frac{1}{4}$ Cupful of Molasses
2 Tablespoonfuls of Vinegar

2 Tablespoonfuls of Water
 $\frac{3}{4}$ Teaspoonful of Salt
 $\frac{1}{4}$ Cupful of Oleomargarine

2 Teaspoonfuls of Vanilla

Boil the brown sugar, molasses, vinegar, water and salt together until the mixture becomes brittle when it is tried in cold water. Add the oleomargarine and vanilla and turn the mixture into a greased pan. When it is cool, mark it into squares.

Butterscotch

2 Cupfuls of Brown Sugar
2 Teaspoonfuls of Vinegar

1 Cupful of Oleomargarine
1 Cupful of Water

Mix all the ingredients in a saucepan and boil the mixture until it becomes brittle when it is tried in cold water. Pour it into a greased pan and allow it to cool. When it is cool, mark it into squares.

Maple Candy

1 Pound of Rich Maple Sugar
 $\frac{3}{4}$ Cupful of Rich Milk
 $\frac{1}{4}$ Cupful of Boiling Water

1 Cupful of Chopped Nuts (Pecans or Walnuts)

Break the sugar into pieces and boil it in a saucepan with the milk and water. Boil the sirup until it forms a soft ball when it is tried in cold water. Remove it from the fire and beat it until it is creamy. Add the nuts, and pour the candy into a greased tin. When it is cool, mark it into squares.

Raisin, Nut and Honey Bars

Take two cupfuls of raisins and one cupful of mixed nuts and grind them together through a food chopper. Mix them with a quarter of a cupful of honey and put into an enameled pan. Pack under a weight for twenty-four hours.

Coconut Dainties

2 Egg Whites
 $\frac{1}{2}$ Cupful of Corn Sirup

$\frac{1}{2}$ Cupful of Flour
 $2\frac{1}{2}$ Cupfuls of Finely Ground Coconut

Beat the whites of the eggs until stiff. Add the corn sirup, fold in the sifted flour, and add the coconut. Drop by the tablespoonful on greased baking sheets and bake in a moderate oven for about twenty minutes.

SUGAR-SAVING HINTS

THE recent sugar shortage has brought home to us the fact that we need not be dependent upon white sugar for sweetening. Deprived rather suddenly of such a staple article, the average housekeeper was at first somewhat at a loss, but soon she found that there were a goodly number of sweets which could be used to replace the usual stand-by. Brown sugar, maple sugar and sirup, molasses, honey, corn sirup and dried fruits, such as raisins and dates, soon came to have a part in the daily menu; and then arose the question of how much of these "camouflage" sugars should be substituted in customary recipes. For this reason the following facts which have been worked out may be of interest:

In substituting brown sugar—when we are lucky enough to obtain it—the same amount should be used as of white. A cupful of brown sugar has less actual sweetening power than white sugar, as there are three cupfuls to a pound; but it makes up in flavor what it lacks in sweetness.

In using maple sugar the same thing is true, and the usual recipe will be as successful as ever, the texture being the same and only the flavor changing—often for the better. For most of the city dwellers the high price of maple products puts them out of reach, but if we are fortunate enough to be near the source of supply we know what delicious desserts are maple flavored.

Maple sirup is not so sweet as sugar, and when used to replace it should be increased by one-half. Of course in this case allowance must be made for the increase of liquid. Usually the amount of liquid called for in the regular recipe should be halved.

The same rule holds good for corn sirup. Once and a half again as much sirup must be used and, to make up for a certain flatness of taste, it is desirable to use an extra amount of flavoring. Corn sirup seems to be at its best with fruits and spices. When used in cakes and cookies better results are obtained if sirup is substituted for only half the sugar.

We must not forget to allow for the liquid which the sirup adds. It has been a common mistake to make no allowance for this and, in consequence of adding extra flour to obtain the necessary thickness, a rather "poor" product has been the result. Two tablespoonfuls of sirup to one cupful of sugar improves the texture of fondant, fudge and caramels, and it may be used entirely for taffy and butterscotch.

In using molasses we find that no change need be made so far as amounts for sweetening purposes are concerned because, like brown sugar, what it lacks in sweetness is made up in flavor; but the same allowance must be made for liquid as when using sirup—it should be halved. When molasses is used in cake mixtures soda should be used instead of baking powder, in the proportion of one teaspoonful of soda to one cupful of molasses.

Honey, probably the longest-used sweetening in the world, has not been in common use for cooking purposes recently. It has a distinct flavor, which combines well with spices, and its sweetening power is about the same as that of sugar. Honey is thicker than sirup, so it therefore adds less liquid, and in replacing sugar only one-fourth of the liquid in the recipe need be left out. As honey is slightly acid, soda in the proportion of half a teaspoonful to one cupful of honey should be used in cake or cooky mixtures.

The sweetening qualities of fruits are not always recognized, but when raisins or dates are used the sugar may be appreciably lessened. If twelve cut-up dates are added to two cupfuls of cooked oatmeal ten minutes before serving, no sugar will be required—unless your family has a very sweet tooth. Raisins added to dry cereals give flavor and sweetness.

With all these sugar-saving sweets at our disposal, we shall certainly not find it difficult to cut down our use of sugar from the pre-wartime amount of four ounces a day to the two-ounce ration which the Food Administration is asking us to make our maximum.

WAYS TO SAVE SUGAR

BECAUSE of the present shortage of sugar it is necessary for each person to reduce his consumption of sugar to three-quarters of a pound a week. There are so many sweet foods that may be used in place of sugar that this should be no hardship.

Eliminate candy.

Use less sugar in tea and coffee, and substitute other sweetening wherever possible.

Try cooking breakfast cereals with chopped figs, dates or raisins. You will not need to add any sugar at the table.

Use molasses, honey, corn or other sirup for sweetening.

Use apple sirup and concentrated cider.

Get the Government pamphlet giving directions for making sirup from apples and other fruits. Try some of these.

Use fresh fruits for desserts in place of rich pastries and sweet puddings.

Bake apples or pears with a little water for several hours until a rich sirup forms.

If more sweetening is desired add a little honey or molasses.

Stew dried prunes in the water in which they were soaked, until the liquid is almost all boiled away.

If more juice is wanted add water to the sirup.

The long, slow cooking is necessary to develop a rich flavor.

Cut down the use of cake.

Do not use frosting unless you can make it without sugar.

Either honey or maple sirup can be substituted for sugar in a boiled frosting.

When cake is made it should be made not only wheat saving, but sugar saving and fat saving. Try making cakes in which corn meal, corn flour, rye flour, potato flour, rice flour or cornstarch is substituted for part of the wheat flour.

Use corn sirup, molasses, honey and other sirups for part or all of the sugar.

A good working rule in making such substitution is to use one cupful of sirup as equivalent to one cupful of sugar and a quarter of a cupful of liquid. Corn sirup does not sweeten so much as molasses or honey.

RECIPES WITH LITTLE OR NO MEAT

Roast Goose (Imitation) With Bread Sauce

Parboil one pound of liver, then slice it into long thin pieces. Put a layer of mashed potatoes in a roasting pan, cover with slices of liver, then herb stuffing, and again more liver and stuffing. Keep the layers in shape to resemble a goose. Cover all with a thick layer of mashed potatoes, and baste every ten minutes with fat.

HERB STUFFING: Chop four ounces of beef suet finely and mix it with one cupful of bread crumbs, one tablespoonful of chopped parsley, one tablespoonful of sage, some thyme, the grated rind of a lemon, pepper and salt. Beat one egg and add to the mixture with a little milk; mix well, and use.

BREAD SAUCE: Put one cupful of milk with a small onion into a saucepan; bring slowly to the boil; add half a cupful of bread crumbs and one tablespoonful of butter substitute and simmer slowly; remove the onion; season with pepper and salt.

Salmon Croquettes

$\frac{1}{2}$ Can of Salmon
 $\frac{2}{3}$ Cupful of Rice
 $\frac{1}{2}$ Teaspoonful of Salt
Bread Crumbs

1 Cupful of Water
3 Tablespoonfuls of Fat
 $\frac{1}{3}$ Cupful of Flour
Fat for Frying

Cook the rice in three cupfuls of boiling salted water for about twenty-five minutes, until it is tender. Drain, and pour boiling water through it so that the grains are distinct. Remove the bones from the salmon and pick it into bits. Melt the three tablespoonfuls of fat; add flour, and cook together for three minutes. Add water, and cook until thickened. To this add the salt, cooked rice and salmon. Chill. Shape into croquettes. Dip these in bread crumbs. Heat the fat for frying until it begins to smoke. Then put in the croquettes and fry a golden brown. Remove from the fat, drain on paper, and serve with white sauce.

Baked Haddock, Stuffed

$1\frac{3}{4}$ Pounds of Haddock
1 Tablespoonful of Fat
2 Cupfuls of Bread Crumbs

1 Tablespoonful of Grated Onion
 $\frac{1}{2}$ Teaspoonful of Salt
 $\frac{1}{8}$ Teaspoonful of Pepper
 $\frac{1}{2}$ Cupful of Hot Water

Clean the haddock and sprinkle it with salt and pepper. Make a stuffing of the bread crumbs, salt, pepper, onion and hot water. Stuff the fish, brush it over with melted fat, sprinkle it with flour and put it on a rack in a baking pan in the bottom of which is about half a cupful of hot water. Bake in a hot oven for about forty-five minutes. Baste the fish occasionally to keep it from becoming dry.

Codfish Balls

1 Cupful of Salt Codfish
 $2\frac{1}{2}$ Cupfuls of Potatoes (Diced)

Pepper

1 Egg, Well Beaten
 $\frac{1}{2}$ Tablespoonful of Butter Substitute

Wash the fish and pare the potatoes. Cook the fish and potatoes in boiling water until the potatoes are soft. Drain, mash the potatoes, mince the fish very fine and add it to the potatoes. Add the seasonings and egg. Drop by spoonfuls into hot vegetable fat or form into small balls. Drain on brown paper. Garnish with bacon.

Jellied Fish

2 Pounds of Any Large Steak Fish
2 Cupfuls of Strained Tomatoes
1 Teaspoonful of Onion Juice
1 Teaspoonful of Salt

6 Stuffed Olives
1 Hard-Cooked Egg
3 Tablespoonfuls of Granulated Gelatin
6 Thin Slices of Lemon

The fish is boiled in three cupfuls of water with a bay leaf and a small piece of whole mace for twenty minutes. Remove the fish with a skimmer, return the stock to the fire and boil rapidly until reduced to two cupfuls. Strain, add tomatoes, onion and seasoning.

Cover the gelatin with two tablespoonfuls of cold water for ten minutes; then add it to the boiling stock. Remove the skin and bones from the fish, break it into small flakes and put into a bowl or a mold that has been rinsed in cold water. Cut the lemon, egg and olives into thin slices, put around the edge of the bowl, then slowly pour in the mixture. Set in a cold place or in a pan of finely chopped ice until firm; then turn out on a chop plate that has been lined with shredded lettuce. Garnish with lemon and a few rings of stuffed olives. Serve with tartare sauce or salad dressing.

Potted Hominy and Beef

Hominy is excellent to use as part of a one-dish dinner, if you have a fire in your stove so that you can cook it for a long time, or use a fireless cooker.

Heat one quart and a half of water to boiling; add one teaspoonful of salt, and two cupfuls of hominy which has been soaked overnight. Cook in a double boiler for four hours or in the fireless cooker overnight. This makes five cupfuls. This recipe may be increased and enough cooked in different ways for several meals. Hominy is excellent combined with dried, canned or fresh fish, or meat and vegetable leftovers may be used. Here is one combination:

5 Cupfuls of Cooked Hominy	¼ Pound of Dried Beef
4 Potatoes	2 Cupfuls of Milk
2 Cupfuls of Carrots	2 Tablespoonfuls of Fat
1 Teaspoonful of Salt	2 Tablespoonfuls of Flour

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots into dice, mix all the materials in a baking dish, and bake for one hour.

Planked Finnan-Haddie Dinner

1 Small Finnan Haddie	1 Can of Spinach
6 or 8 Potatoes	1 Onion
2 Bunches of Young Carrots	

Lay a small, plump finnan haddie (or half of a large one) in a pan, cover with cold water and bring slowly to the boiling point. Simmer gently for twenty minutes. Remove; drain, and lay flesh side up on an oiled plank. Brush over with olive or peanut oil, sprinkle with pepper and cover with thin slices of onion. Place under the broiling flame of the gas oven and cook until the onion is browned. Have ready the potatoes, boiled, mashed and seasoned; the carrots, scraped and boiled in salted water, and the spinach, heated, cut fine, seasoned and the water pressed out. Make a border of potato around the edge of the plank, pressing it through a pastry tube or arranging with a knife and spoon. Lay the carrots across it at regular intervals, points out, and fill the space between border and fish with the spinach. Return to the oven until the potato is delicately browned.

Salmon au Gratin

Make a sauce of two tablespoonfuls of butter substitute, two of flour and two cupfuls of milk. When boiling, smooth and thick like cream, put in half a can of salmon broken in small pieces. Turn this into small fireproof glass casseroles, cover the top with bread crumbs and grated cheese, and bake until brown on top.

Fish Chowder

½ Pound of Fish	1 Quart of Sliced Potatoes
4 Tablespoonfuls of Drippings	1 Medium-Sized Onion, Chopped Fine
3 Cupfuls of Milk	

Skin and bone the fish and cut it into inch cubes. Cover the bone and trimmings with cold water and let them simmer for half an hour. Cook the onion in the fat for five minutes, then pour it into a stewpan. Parboil the sliced potatoes for five minutes; then drain, and add layers of fish and potatoes to the fat and onion in the stewpan. Season each layer with salt and pepper. Strain the liquor in which the fish bones have been cooking over all, and cook for about twenty minutes until the fish and potatoes are tender. Then add the scalded milk. If desired thicker, sprinkle a little corn meal between each layer of fish and potatoes.

Baked Salt Fish

2 Cupfuls of Salt Fish (Flaked)	1 Pint of Milk
2 Cupfuls of Cold Mashed Potato	2 Eggs
2 to 3 Tablespoonfuls of Drippings	

Soak the flaked fish in cold water overnight, or freshen the fish by boiling up several times in fresh water (usually three times is sufficient). Then simmer until tender. Drain off the water. Mix the potato with the milk, eggs, fat and seasoning. Add the fish, turn into a greased baking dish and bake for half an hour.

Meat Pies

A good way to use a little meat. Have you ever used rice, corn-meal mush or hominy for a crust? This is less work than a pastry crust and saves wheat:

4 Cupfuls of Cooked Corn Meal, Rice or Hominy	⅛ Teaspoonful of Pepper
1 Onion	1 Pound of Raw Meat or Leftover Meat
2 Cupfuls of Tomato	Cut Up Small
1 Tablespoonful of Fat	½ Teaspoonful of Salt

Melt the fat; add the sliced onion and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used add it with the tomato and seasoning, after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.

Beef Stew

- 1 Pound of Beef

4 Potatoes Cut Into Quarters

1 Teaspoonful of Salt
- 1/4 Peck of Peas, or 1 Can

1 Cupful of Carrots Cut Up Small

Cut the meat into small pieces and brown it in the fat from the meat. Simmer in two quarts of water for one hour. Add the peas and carrots and cook for half an hour; then add the potatoes. If canned peas are used add them ten minutes before serving. Serve when the potatoes are done.

Soy-Bean Loaf

Wash well and drain one pound of dry soy beans; place them in a saucepan and cover with plenty of cold water; put in an onion stuck with a clove, a little salt, a bay leaf and half a teaspoonful of thyme tied in a little muslin bag; cover the stewpan and cook gently until the beans are tender (about six hours) but unbroken; add more water if required; leave the cover off for the last half hour of cooking to allow the water to reduce, then drain the water off and set them aside to cool. When cold put them through a food chopper, season with pepper and salt, stir in half a cupful of tomato catchup, two canned pimientos and the whites of two hard-boiled eggs chopped fine; mix well, turn out on a floured board, form into a loaf, brush over with the beaten yolk of an egg and sprinkle with bread crumbs. Place in a greased pan and bake in a moderate oven for three-quarters of an hour. Garnish with parsley. Serve hot or cold.

Rabbit in Casserole

- 1 Rabbit

1/4 Cupful of Drippings or Other Fat

1 Cupful of Hot Water

2 Cupfuls of Meat Stock or Thickened Gravy
- 1 Tablespoonful of Lemon Juice

Paprika

Salt

A Bit of Bay Leaf

Dress the rabbit and separate it into pieces at the joints. Season with paprika and salt. Cook in the fat until a golden brown. Transfer the meat to a casserole with one cupful of hot water, and cover. Bake in a moderate oven for about half an hour; then add the stock or gravy, lemon juice and bay leaf. Continue cooking in the oven for about three hours.

Mock Chicken

- 2 Cupfuls of Dry Beans

1/3 Loaf of Dry Bread, Ground to Make Fine Crumbs

1/4 Cupful of Fat
- 1 Teaspoonful of Sage

1/2 Cupful of Hot Water

Salt and Pepper

Pick over the beans; wash and allow them to soak overnight in cold water. Drain, and put on to cook in boiling water, allowing them to simmer until tender, but not broken. Drain; mash. Make a stuffing with the bread crumbs, melted fat, powdered sage, salt and pepper. Arrange in a baking dish a layer of mashed beans, a layer of stuffing and a second layer of mashed beans. Bake in a moderate oven for twenty minutes. Serve with tomato sauce.

Sweet-Potato Loaf

- 6 Medium-Size Sweet Potatoes

2 Eggs (Beaten Slightly)

2 Tablespoonfuls of Melted Butter Substitute

1 Cupful of English Walnuts
- 1 Tablespoonful of Sugar

A Pinch of Nutmeg

Salt and Pepper to Taste

Boil the potatoes until soft. Mash; add the butter substitute, nutmeg, salt and pepper. Then stir in the eggs and nuts. Form into a loaf and bake in a buttered baking dish for about thirty minutes.

Pea Roast

- 3/4 Cupfuls of Bread Crumbs

1/2 Cupful of Canned Pea Pulps

1 Tablespoonful of Sugar

1/4 Cupful of Butter Substitute

3/4 Cupful of Milk
- 1 Egg

1/2 Tablespoonful English Walnut Meats, Chopped Fine

1/8 Teaspoonful of Pepper

Drain the canned peas, rinse them thoroughly, cover with cold water, bring them to the boiling point and let them simmer for three minutes. Drain, and force through a purée strainer. Mix fine; add the dry bread crumbs, pea pulps, butter substitute, sugar, nut meats, the egg, slightly beaten, the seasoning and milk. Turn into a small breadpan lined with paraffin paper and allow to stand for fifteen minutes.

Green-Pea Loaf

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| 1 Cupful of Dried Green Peas | $\frac{1}{8}$ Teaspoonful of Pepper |
| 4 Cupfuls of Cold Water | $\frac{1}{2}$ Teaspoonful of Paprika |
| 2 Quarts of Boiling Water | $\frac{1}{2}$ Teaspoonful of Grated Onion |
| $1\frac{1}{2}$ Cupfuls of Soft, Stale Bread Crumbs | 1 Egg |
| $1\frac{1}{2}$ Cupfuls of Milk | 3 Tablespoonfuls of Fat (Oleomargarine, Beef Drippings or Bacon Fat) |
| 1 Teaspoonful of Salt | |

Soak the peas in cold water overnight. Cook them in boiling water until they are soft. Rub them through a sieve. To one cupful of this pea pulp, add the bread crumbs, milk, seasoning, egg (slightly beaten) and melted fat. Turn the mixture into a small, greased bread pan. Set this pan into a second pan containing water. Bake the mixture for forty minutes, or until it is firm. Remove the loaf from the oven, then from the pan. Serve the loaf with plain cream sauce. Half a cupful of cheese may be added to one cupful and a half of the sauce.

Kidney-Bean Stew

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| $\frac{1}{2}$ Pound of Kidney Beans | 1 Potato |
| 3 Slices of Onion | 1 Cupful of Canned Tomatoes |
| $\frac{1}{4}$ Cupful of Rice | $1\frac{1}{2}$ Tablespoonfuls of Fat |
| 5 Tablespoonfuls of Flour | |

Soak the beans overnight. Drain, and cook in boiling water until soft. About one hour before they finish cooking, add the rice, onion and tomato. Half an hour later add the diced potato. Bind the liquid with the fat and flour, cooked together.

Spaghetti and Bean Mold

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| 5 Ounces of Spaghetti | $\frac{3}{4}$ Pint of White Sauce ($\frac{1}{2}$ Milk and $\frac{1}{2}$ Stock) |
| $1\frac{1}{2}$ Cupfuls of Water | $\frac{1}{2}$ Teaspoonful of Chopped Parsley |
| $\frac{1}{2}$ Teaspoonful of Salt | Salt and Pepper |
| 1 Pound of Beans (Weighed After Shelling) | |

Cook the spaghetti in the water, coiling it under the boiling water. Skin and cook the beans in salted water. Strain and mix half of them with six tablespoonfuls of the sauce and the parsley. Butter a mold and put in a layer of spaghetti, then a layer of beans; repeat until the mold is full, leaving spaghetti on top. Cover with buttered paper, and steam for forty minutes. Add half a cupful of bean water to the rest of the beans; season with cayenne and boil up. Turn out the mold on a hot platter, pour part of the sauce around the mold and serve the rest in a gravy bowl. Serve at once.

Curried Bananas With Rice

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| 6 Bananas, Peeled and Scraped | $\frac{1}{2}$ Teaspoonful of Salt |
| 2 Tablespoonfuls of Butterine or Oil | 1 Teaspoonful of Table Sauce |
| 1 Tablespoonful of Currie Powder | $1\frac{1}{2}$ Cupfuls of Milk |
| 2 Tablespoonfuls of Cornstarch | 2 Cupfuls of Cooked Rice |

Cut the bananas into halves lengthwise. Fry them, until they are quite soft, in the butter, which has been mixed with the currie powder. Put the bananas into a serving dish. To the fat remaining in the pan add the cornstarch, salt and table sauce. Mix them thoroughly. Add the milk. Cook the mixture until it is smooth and thick. Add the egg to the mixture, and pour it over the bananas. Serve the cooked rice around the bananas.

Macaroni Croquettes With Potato Sauce (About 12 Croquettes)

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| 2 Cupfuls of Macaroni, Broken Into Small Pieces | 5 Tablespoonfuls of Fat |
| 1 Cupful of Milk | $\frac{1}{2}$ Teaspoonful of Salt |
| $\frac{1}{3}$ Cupful of Flour | Pepper |

Cook the macaroni in boiling salted water until it is tender; drain, and cut it fine. Melt the fat; add the flour, and cook for three minutes; add the milk, and cook until well thickened. Add the salt and pepper, and stir in the macaroni. Cool. Shape the croquettes, roll in fine bread crumbs and fry in deep fat, heating the fat until it begins to smoke before putting in the croquettes.

Baked Macaroni With Peanut Butter

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| 1 Cupful of Macaroni | $3\frac{1}{2}$ Tablespoonfuls of Peanut Butter |
| 2 Cupfuls of Milk | 1 Teaspoonful of Salt |
| $\frac{3}{4}$ Cupful of Buttered Bread Crumbs | |

Prepare and cook the macaroni in boiling water for twenty minutes. Put in a buttered baking dish. Heat the milk in a double boiler, and add it gradually to the peanut butter. Add salt. Pour over the macaroni, cover, and bake in a slow oven for forty minutes. Sprinkle with crumbs after removing cover, and bake until crumbs are brown.

Spaghetti With Vegetable Dressing

4 Slices of Bacon
1 Slice of Onion
½ Can of Tomatoes

¼ Pound Hot Boiled Spaghetti
½ Teaspoonful of Salt
½ Teaspoonful of Pepper (to Taste)
1 Cupful of English Walnuts

Cut the bacon into small pieces and try out. Add the remaining ingredients, except the spaghetti. Bring gradually to the boiling point and let simmer for fifty minutes. Pour over the cooked spaghetti and let stand for ten minutes. Serve very hot.

To cook the spaghetti, take a quarter of a pound of spaghetti and dip the ends in boiling salted water. As it softens, it will bend easily. When it may be coiled under boiling water, cook for twenty minutes, or until soft. Drain in a colander. Pour over one quart of cold water. Arrange on a hot platter.

Baked Lima Beans

1 Cupful of Dried Lima Beans
1 Pimiento
3 Tablespoonfuls of Olive Oil or Bacon Fat

1 Small Onion
½ Teaspoonful of Salt
1 Teaspoonful of Paprika

Soak the Lima beans in one quart of cold water for several hours, or overnight. Drain off the water. Put the beans in an earthenware dish or covered casserole. Fry the thinly sliced onion and the pimiento, cut into small pieces, in the oil or fat for five minutes. Add them to the beans. Add the salt, the paprika and enough boiling water to cover the beans. Bake the mixture slowly until the beans are soft—about two hours. Add more water as it is needed. If the beans are cooked in boiling water after soaking in the cold water, they may be baked in one hour.

Nut Croquettes

½ Pint of Peanuts or English Walnuts
1 Pint of Mashed Potatoes
Yolks of Two Eggs
1 Teaspoonful of Salt

1 Teaspoonful of Onion Juice
1 Tablespoonful of Chopped Parsley
1 Saltspoonful of Pepper
¼ Nutmeg, Grated

Chop the nuts; add them to the potatoes, with the yolks of the eggs and all the seasoning. Form into cylinders. Beat the whites of the eggs with two tablespoonfuls of water until well mixed, not light; roll the croquettes in this, then in bread crumbs and fry in hot fat. Serve with nicely seasoned peas.

Peanut Loaf

1 Cupful of Chopped Peanuts
1 Cupful of Boiled Rice

1 Tablespoonful of Butterine
1 Tablespoonful of Flour
½ Cupful of Milk Seasoning

Place the rice and peanuts in layers and make a white sauce out of the milk, flour and butterine; pour over the rice and peanuts and bake in a moderate oven for about fifteen minutes.

Cottage Cheese and Nut Loaf

1 Cupful of Cottage Cheese
1 Cupful of Nut Meats (Use Those Locally Grown)
1 Cupful of Stale Bread Crumbs
Juice of ½ Lemon
1 Teaspoonful of Salt

¼ Teaspoonful of Pepper
2 Tablespoonfuls of Chopped Onion
1 Tablespoonful of Oleomargarine, Meat Drippings or Vegetable Oils

Mix the cheese, ground nuts, lemon juice, salt and pepper. Cook the onion in the fat and a little water until tender. Add to the first mixture the onion and sufficient water or meat stock to moisten. Mix well, pour into a baking dish and brown in the oven.

Cheese Fondue

1 Cupful of Grated Cheese
1 Cupful of Bread Crumbs
1 Cupful of Milk
1 Egg

1 Tablespoonful of Fat
½ Teaspoonful of Salt
½ Teaspoonful of Mustard
½ Teaspoonful of Paprika

Mix the cheese, bread crumbs and milk in a double boiler. Cook this mixture until the cheese is melted. Add the beaten egg, the salt, mustard and paprika. Cook this mixture until it is thick and perfectly smooth.

Welsh Rabbit on Toast

½ Pound of Cheese
½ Teaspoonful of Mustard
1 Cupful of Milk
2 Tablespoonfuls of Flour

2 Tablespoonfuls of Fat
¼ Teaspoonful of Salt
½ Teaspoonful of Vinegar
Pepper

Melt the fat; add the flour, and mix well. Add the milk, and cook until thickened. Add the cheese, cut into bits, and cook until it is melted. Add salt, pepper and vinegar. Serve on toast.

English Monkey

$\frac{3}{4}$ Cupful of Grated Cheese
 $\frac{3}{4}$ Cupful of Stale Bread Crumbs
 $\frac{3}{4}$ Cupful of Milk

Cayenne

1 Egg (Slightly Beaten)
1 Tablespoonful of Butter Substitute
 $\frac{1}{2}$ Teaspoonful of Salt

Heat the milk; add the crumbs and butter substitute. When the crumbs are well softened, add the cheese. Stir until the cheese is melted. Add the seasoning and egg. Pour over crisp crackers.

Macaroni, Virginia Style

$1\frac{1}{2}$ Cupfuls of Macaroni
2 Tablespoonfuls of Butter Substitute
 $\frac{1}{2}$ Cupful of Grated Cheese

$1\frac{1}{4}$ Cupfuls of White Sauce
3 Tablespoonfuls of Dried Bread Crumbs
 $\frac{1}{2}$ Cupful of Chopped Ham or Bacon

Break the macaroni into one-inch pieces and cook in boiling salted water for twenty minutes, or until soft. Drain in a colander, and pour over one quart cold water. Put half in a greased baking dish, dot over with one-fourth of the butter substitute and sprinkle with half the cheese. Repeat; pour over the white sauce, cover with dried bread crumbs mixed with the remaining butter, and bake in a hot oven until the crumbs are brown.

Oatmeal and Fish Croquettes

$1\frac{1}{2}$ Cupfuls of Cooked Fish
3 Cupfuls of Cooked Oatmeal
2 Tablespoonfuls of Chopped Onion

1 Tablespoonful of Salt
Pepper to Taste
1 Tablespoonful of Chopped Parsley

Mix the ingredients in the order given and form into croquettes. Dip in egg and crumbs, and sauté in hot bacon fat. Serve with one cupful of a white sauce to which half a cupful of chopped peppers has been added.

Oatmeal Omelet

2 Tablespoonfuls of Bacon Fat or Drippings
1 Chopped Onion

2 Cupfuls of Cooked Oatmeal

1 Chopped Carrot
1 Chopped Potato

Cook the onion and the carrot in the fat until slightly brown; add the potatoes and, when well mixed with the fat, add the oatmeal and cook slowly until brown on the bottom. Fold like an omelet and serve hot with a cream or tomato sauce.

Oatmeal With Cheese en Casserole

3 Cupfuls of Cooked Oatmeal
1 Cupful of Grated Cheese

Paprika

$1\frac{1}{2}$ Teaspoonfuls of Salt
 $\frac{1}{2}$ Cupful of Bread Crumbs

Arrange the oatmeal and seasoning in alternate layers with the grated cheese in a baking dish or casserole. Sprinkle the top with crumbs and bake in a hot oven until the crumbs are brown. One cupful of tomatoes may be mixed with the cereal.

Oatmeal Soup Italienne

1 Tablespoonful of Fat
1 Small Onion
 $\frac{1}{2}$ Green Pepper
1 Tablespoonful of Flour

1 Teaspoonful of Salt
1 Cupful of Cooked Oatmeal
3 Cupfuls of Milk
 $\frac{1}{2}$ Cupful of Grated Cheese

Melt the fat; cut up the onion and the pepper and cook in the fat until slightly brown. Remove from the fire, stir in the flour and the seasoning, then add the oatmeal and milk. Cook in a double boiler until smooth and thick; strain and serve. When serving at the table, sprinkle with grated cheese.

Sweet-Potato Omelet

Boil five or six medium-size sweet potatoes. When cooked, drain, peel and put them through a potato ricer; let them fall lightly, so as not to make a heavy mass, into a mixing bowl containing three well-beaten eggs. Sift into this mixture half a cupful of flour with one teaspoonful of baking powder. Season to taste with salt and pepper. Melt some drippings in a pan and turn the mixture in carefully. When it is lightly browned fold the omelet and slip it on a hot dish; pour Spanish sauce around it and serve. For the sauce, fry two onions in fat; add one cupful of stewed tomatoes, some pepper and salt, one chopped green pepper and half a cupful of chopped celery. Boil for five minutes.

Cereal Omelet

Beat the yolks of two eggs until they are lemon colored; add two tablespoonfuls of hot water and a little salt and pepper; whip the whites of the eggs to a stiff froth and fold them

lightly into the yolks; pour the mixture into a greased omelet pan or frying pan and cook slowly until it is brown on the under side. Have ready half a cupful of any cold cooked cereal that has been seasoned with salt, pepper, a chopped onion and one teaspoonful of melted bacon or suet fat; spread the cereal over the top of the omelet, fold over and turn out on a hot platter. Garnish with parsley. It should be served at once. The onion may be omitted from the omelet, and the cereal may be sweetened with honey if preferred; or jelly or stewed raisins may be used to make it a sweet omelet if desired.

WAYS OF SAVING FATS

Old-Fashioned Ginger Bread

Cream half a cupful of butter substitute and half a cupful of brown sugar; add one whole egg, and beat well. Dissolve one teaspoonful of soda in one tablespoonful of hot water, and stir into half a cupful of molasses. Add this to the creamed mixture, with one cupful of sour milk, two cupfuls of flour, half a cupful of barley, one teaspoonful of cinnamon and one tablespoonful of ginger; beat well. Bake in a moderate oven.

Gingerbread Made with Sausage Drippings

$\frac{1}{2}$ Cupful of Sugar	$\frac{1}{2}$ Cupful of Molasses
$\frac{1}{3}$ Cupful of Hot Water	1 Teaspoonful of Ginger
2 Cupfuls of Flour	2 Teaspoonfuls of Baking Powder
5 Tablespoonfuls of Melted Sausage Drippings	$\frac{1}{2}$ Teaspoonful of Soda
$\frac{3}{4}$ Teaspoonfuls of Salt	

Add the hot water and the drippings to the molasses. Mix the dry ingredients and sift them. Add the liquid, beating until thoroughly mixed. Bake in a well-greased shallow pan in a moderate oven for about twenty-five minutes. Bacon drippings can be used in place of the sausage drippings in the recipe if preferred.

Baking-Powder Biscuits with Beef Fat

3 Cupfuls of Flour	6 Teaspoonfuls of Baking Powder
1 Cupful of Milk	3 Tablespoonfuls of Beef Fat
$1\frac{3}{4}$ Teaspoonfuls of Salt	

Mix the dry ingredients and sift them; cut in the fat or rub it in lightly with the finger tips. Gradually add the milk; mix with a knife. Roll or pat on a floured board to about half an inch thickness; cut into rounds with a biscuit cutter and put into a baking pan. Bake in a hot oven for about twelve minutes.

Corn-Meal Crust

Grease a pie plate well. Cover with raw corn meal, giving the plate a rotating motion, so that an even layer of the meal will stick to the plate about a sixteenth of an inch in thickness. Fill the plate with pumpkin-pie mixture. Bake in a hot oven.

Oatmeal Crust

2 Cupfuls of Finely Ground Oatmeal	1 Cupful of Boiling Water
1 Teaspoonful of Fat	

Scald the oatmeal with the water. Add the fat, and mix thoroughly. Roll very thin and line small pie or tart tins with the mixture. Bake in a hot oven. Fill with apricot marmalade or other thick mixture. If desired, spread a meringue on top and brown in the oven.

Keep a "Butter Cup"

Save the small amounts of butter left on plates. Scrape it into a cup kept for that purpose. Use it for "special" cooking.

Use Other Fats in Place of Butter and Lard

Chicken fat makes good pastry. Solidified vegetable oils are valuable. Oleomargarine may often be used. Drippings and bacon fat are worth their weight in gold. Use these in any cooking.

Learn to Use the Vegetable Oils

Use corn oil, cottonseed oil, peanut oil and olive oil for cooking and frying as well as in salad dressing.

Meat Trimmings Are Valuable

If you buy meat get the trimmings, try out the fat and use it in cooking.

Substitute Cheaper Fats for Butter in Cooking

Butter is not all pure fat. More than one-seventh of its weight is made up of water, cured and salt. When substituting pure fats, such as beef drippings, lard, chicken fat or oil, for butter, use about four-fifths as much fat as the recipe calls for, and add extra salt.

The best natural fats to substitute for butter in flour mixtures are rendered chicken fat and beef flank fat. The cold suet from the beef flank is much softer than is beef-kidney suet and may be used to good advantage in pastries and cakes. Mutton suet rendered with milk is also an acceptable butter substitute.

Use the Cracklings

Grind the cracklings, salt them and put them in a glass jar. Use them in corn-cake or in suet pudding, or stir them with diced or chopped leftovers of meat into corn-meal mush. Mold the mush, and sauté it in savory fat or bacon fat to serve as a meat substitute. Delicately browned cracklings may be eaten with salt like popcorn, or they may be pressed into a loaf, sliced and served with sliced cold meat.

Do Not Waste Any Ham or Bacon Fat

Use ham or bacon drippings and the clarified fat from the ham kettle for scrambling eggs and making omelets; for frying potatoes, eggs and fish; instead of butter in creole and Spanish sauces; in corn bread, molasses cakes and spice cakes; with baked beans and peas; in bean and pea soups; with spinach and other greens; for making soap.

Utilize Mutton Fat

Make mutton fat into savory fat and use it for frying. Mix it with some softer fat and use it in spice and chocolate cakes. Render it with lard and milk as follows, and use it as a butter substitute with vegetables: Grind two parts of mutton suet with one part of leaf lard, and heat the whole very slowly in a double boiler, with whole milk (preferably sour). Use half a cupful of milk to each pound of mixed suet. Strain the rendered fat through a cloth and, when it has set, lift the cake from the milk. Mutton fat thus rendered may be used as a butter substitute in cooking.

Make a Palatable Sausage Substitute

Season the cracklings with salt, pepper and poultry seasoning, adding stale bread crumbs or leftover cereal and a little egg. Form the mixture into small cakes and fry it in a little fat.

Disguise the Flavor or Odor of Certain Fats

A savory fat that is excellent to use for frying and in gravies may be made by browning with each pound of suet a thick slice of onion, one sour apple and a scant teaspoonful of ground thyme or mixed herbs tied in a cloth. If desired, omit the ground herbs and substitute half a bay leaf and a few allspice berries.

Save Cream

Households in which cream is now freely used may with care reduce the amount consumed without greatly lessening the attractiveness of the meals. "Top milk" may be used in tea and coffee and on cereals, baked apples, etc. Unless the meal is otherwise lacking in fat, cream desserts should be sparingly used. Substituting water ices made with fresh fruits for ice cream not only saves fat, but utilizes "perishables."

Save Butter

We may save table butter by serving smaller portions; not because we should attempt to decrease materially the use of butter on the table, but because so often the portion served is larger than is needed or even desired. Although that which is left on the butter plate might be utilized for cooking, cheaper fats should be used for that purpose.

When you do make pies, use one crust instead of two.

Try the New England deep apple pie, with only a top crust.

Use the vegetable fats instead of animal fats in making the pastry.

If vegetable oils are used, the quantity of fat may be reduced by one-third; that is, two tablespoonfuls and three quarters of oil to one cupful of flour is sufficient. The oil itself helps to moisten the flour so that very little water is necessary. The dough should be made as dry as possible to make a tender pastry.

Do not fry in deep animal fat.

Bake croquettes in the oven.

Make meat loaf instead of meat croquettes.

Either do not use recipes calling for a large quantity of fat or try reducing the amount.

TABLE SHIOWING EXCHANGE VALUE OF FATS

MATERIAL	EQUIVALENT
1 Tablespoonful Oleomargarine	1 Tablespoonful Butter
1 Tablespoonful Commercial Fat Compound	1 Tablespoonful Butter
1 Tablespoonful Chicken Fat (Clarified)	1 Tablespoonful Butter
1 Tablespoonful Goose Fat	1 Tablespoonful Butter
1 Tablespoonful Fat From Beef and Mutton (Clarified)	1 Tablespoonful Butter
14 Tablespoonfuls Lard	16 Tablespoonfuls Butter
14 1/2 Tablespoonfuls Hardened Vegetable Fat	16 Tablespoonfuls Butter
1 Cupful Grated Chocolate in Cake	3 Tablespoonfuls Butter
1 Cupful Cream, Thin	3 Tablespoonfuls Butter
1 Cupful Cream, Whipping (40 per cent)	6 Tablespoonfuls Butter
2 Cupfuls, 5 Tablespoonfuls, Suet, Chopped	16 Tablespoonfuls Butter

Take Care of the Fat Used for Deep Frying

Avoid burning the fat. Burning is indicated by a deep blue vapor and an acrid odor. Burned fat is injurious to the digestive tract. Keep the fat kettle covered while heating the fat and while it is cooling down. Before setting the fat away, remove burned particles by straining it through coarse muslin placed over a wire strainer. Keep the fat covered when it is not in use.

HOW TO OMIT BUTTER AND SAVE ANIMAL FATS IN COOKING

BREADS: Fats may be omitted entirely if desired. Use clarified pork or beef fat, oleomargarine, hardened vegetable fats, fat compounds.

HOT BREADS, as Biscuits, Muffins, Pancakes: Use clarified pork or beef fat, oleomargarine, hardened vegetable fats, fat compounds, sour cream.

CAKES, as Cookies, Cup, Chocolate, Spice, Ginger: Use clarified beef fat, chicken fat, pork fat, hardened vegetable fats, oleomargarine, fat compounds, sour cream, grated chocolate.

PUDDINGS: Use clarified beef fat, chicken fat, oleomargarine, sour cream, chopped suet.

PASTRY: If pastry is used, let it be plain, not rich. Use hardened vegetable fats, oleomargarine, fat compounds.

SAUTÉING: Use vegetable oils, clarified beef fat, pork fat, especially bacon fat, chicken fat, savory fats.

DEEP FRYING: Use oils, fat compounds, clarified beef fat, pork fat, mutton fat, combined with other fats. But save fats by doing as little frying as possible.

TO CLARIFY FAT: Heat any sweet drippings from beef, pork, mutton, with boiling water, constantly stirring. When the fat and water has boiled freely, set aside dish to cool. Remove cold fat and again heat to drive out all water. Put in crock for use.

SAVORY FATS: Any fat warmed with a leaf of summer savory and a clove of garlic may be used in sautéing potatoes, hominy, rice.

SOAP FATS: Fats which can no longer be used for deep frying, leftover fats which are not quite sweet, may be put in a crock to save for fall soap-making for home cleaning. Recipe—Dissolve one can of lye in one quart of water; cool. Add six pounds of fat, melted but not hot; stir until white. Pour into pan and cut into squares as it hardens. Let it dry thoroughly before using. If the soap is to be white the fat must be clarified.

IF NOT BUTTER, WHAT?

THAT is the question we immediately ask after hearing Mr. Hoover's warning: "No butter in cooking; use substitutes."

We know there are other kinds of fats—suet, lard, margarine, "drippings," poultry fat and oils—but we don't know just how to select them for use in place of butter, for in the last analysis there is no perfect butter substitute.

When selecting butter substitutes the principal facts to consider are the purpose for which the fat is to be used—whether for cooking, for frying or for seasoning—the quality and the price. All the different edible fats give practically the same amount of nourishment.



Take suet as an example: When the beef or mutton suet and scraps of fat cut from meat before cooking have been "rendered" and clarified they can be used in many ways. Keep a scrap can on the back of your stove and put into it all the tiny bits of fat and gristle that might otherwise be thrown out as waste. When the can is half full, "render" or cook it.

To do this put the fat through the meat chopper and then melt it in a double boiler until all the fat has melted. Strain the fat, while melted, through a cloth fine enough to keep back bits of gristle and tissue. When suet is finely cut the fat will separate easily from the gristle and tissue just after melting and so there is no danger of scorching. It is important that the fat be melted at as low a temperature as possible, because if overheated in "rendering" it will not keep so well. After straining the fat, heat it again carefully to drive off moisture and to sterilize it.

When suet has an undesirable flavor or odor which is not too pronounced it can be partly, if not entirely, removed by heating the suet with a good grade of charcoal. Add twelve pieces of clean hardwood charcoal, about the size of a walnut, to each pound of chopped, unrendered fat, then "render" the fat as described above. Let the charcoal remain in the melted fat for about two hours; occasionally stir the mixture. In straining the fat use flannel or other closely woven cloth in order to remove all the fine particles of charcoal. If the odor is very pronounced use more charcoal and heat the mixture for a longer time. Add a little salt after straining, which gives it somewhat of a butter flavor.

This rendered beef and mutton fat may be used in place of butter in making cakes and pastry if the amount of fat in the recipes where shortening is required is reduced one-sixth.

After rendering, suet may also be used for frying. The temperature of fat during deep-fat frying makes quite a lot of difference in the amount of fat which the food absorbs. For instance, a doughnut batter fried in beef fat absorbs the least amount of fat when the fat is hot enough to golden brown a cube of bread in half a minute, or well brown it in a minute and a half. This is usually 360 degrees Fahrenheit.

If the doughnut is fried in the same fat at 20 degrees Fahrenheit lower, or 340 degrees Fahrenheit, it absorbs about twenty-five per cent more fat. This twenty-five per cent is a pretty big percentage to lose when trying to economize. In order to get the most from the fat in deep-fat frying, heat beef, mutton fat or lard to the test given above; heat vegetable fats—cottonseed oil, coconut fat and others—until the cube of bread is cooked to a golden brown color in half a minute or is well browned in one minute.

Beef and mutton fat may be mixed with lard to make a good shortening. When this is done a good proportion is one-half beef or mutton fat to one-half lard. It may be used in the same proportion as butter wherever a recipe calls for butter.

Some fats, such as beef or mutton suet, are sometimes too hard for satisfactory shortening. By mixing with softer fats, like lard or cottonseed oil, they may be softened as much as desired. One way of doing it is to grind together two parts of unrendered beef or mutton fat and one part of lard. Then render in a double boiler as described. If half a pint of skimmed milk is added to each two pounds of the mixture, before rendering, the flavor is improved.

Another way to soften hard fat is to mix three parts of unrendered beef or mutton fat, which has been ground finely, and one part lard. Render this, like the other, in a double boiler. If the beef or mutton fats are rendered they may be softened by adding the lard or cottonseed oil to them, melting the mixture and thoroughly mixing. Lest the lard fat should separate, occasionally stir these mixed fats while they are cooking. The flavors of the beef and mutton are softened by this process.

Other ways in which beef drippings may be used are for seasoning such dishes as macaroni and tomatoes and tomato sauce, for seasoning bread dressings and for basting fish. Bacon, sausage, lamb and ham fats may also be used like this. When bacon is baked in the oven it is easy to collect the excess fat and save it for future use. Cook the bacon strips on a rack so that it does not absorb its own drippings.

Sausage drippings will lower the cost of a dish of Boston baked beans by using half a cupful of sausage fat instead of the usual half-pound of pork (salt). Sausage drippings are also very good as shortening for gingerbread. Use the same amount of drippings that the recipe requires for shortening.

When you buy chicken or other poultry save the fat, and render and clarify it just as you would suet. There is always much fat right under the skin. This fat may take the place of one-half the amount of shortening called for in spice-cake, cooky or biscuit recipes.

Making savory fats is another way to obviate any undesirable flavor in the mutton or beef fat. They are made by adding some strong seasoning, like thyme, or marjoram or summer savory, to the fat. These fats are useful in frying croquettes and warming up vegetables, since they give a spicy flavor to the food.

One savory fat is made by adding one slice of onion about half an inch thick and two inches in diameter, one teaspoonful of broken bay leaves, one teaspoonful of salt and an eighth of a teaspoonful of pepper to one pound of unrendered fat which has been chopped fine; then render the mixture in a double boiler, and strain.

Another savory fat is made by adding one slice of onion about half an inch thick and two inches in diameter, two teaspoonfuls of thyme, one teaspoonful of salt and an eighth of a teaspoonful of pepper to one pound of unrendered fat, rendering the mixture in a double

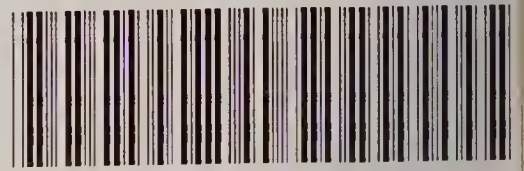
boiler and straining. A third way to make savory fat is to add one teaspoonful of marjoram, one teaspoonful of thyme, half a teaspoonful of rubbed sage, one teaspoonful of salt and an eighth of a teaspoonful of pepper to one pound of unrendered, finely chopped fat; render in a double boiler and strain through a fine cloth.

If you want to prepare a savory fat from fat that has already been rendered, modify the previous recipes by melting the fat and adding the seasoning. Use the same proportions as for the unrendered fat recipes, and gently heat the mixture for an hour or longer, then strain.

Here is a recipe for savory fat from a rendered one: Add one onion, one sour apple and one teaspoonful of ground thyme or other sweet herb tied in a small cloth to one pound of rendered, melted fat. Cook on the back of the stove or in the oven until apple and onion are well browned. Strain through a fine cloth.

If you do not like these particular flavorings, or there are others you prefer, change them to suit your taste. Be sure to strain all the savory fats through flannel or other closely woven cloth, so that all the bits of the herbs are removed before putting the fats away.

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